

February 2014

Are you a Current Fitness/Natatorium User?

Then it is time to renew your card.

You will need to:

- Provide current proof of residency
- Update your information and sign a new liability release
- Bring your card with you so a 2014 sticker can be affixed

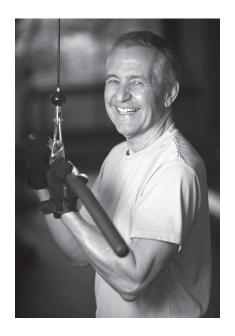
Date To Remember:

February 21, 2014 — Your Fitness/Natatorium card will no longer be valid without a 2014 sticker.

Are you new to the Fitness/Natatorium:

You will need to:

- Complete and sign a 2014 registration form
- Provide current proof of age and residency



Safety Tips for Seniors by Arlyne Diamond, PH.D.

Shopping

- Carry your purse close to you.
- Park only in well lit areas preferably close to where the stores are located.
- Use debit or credit cards and carry little cash.
- Plan to accompany other people when going to and from car to stores.

Banking

- Where possible use direct deposit to avoid having your checks stolen.
- Seniors may get free or discounted rates at banks - check with yours.
- Do not get conned into withdrawing money for anyone but yourself.
- Use a safety deposit box for your valuables.



SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code 1-(408) unless otherwise noted.

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Sourcewise	615-3170 www.santaclaraca.gov www.mysourcewise.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am. Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Sourcewise	615-3170 www.mysourcewise.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
SPA Services available by appointment: information and assistance to connect Santa Clara residents to a variety of community resources, services, and benefits, such as transportation, housing, food, healthcare, caregiving/ family support, legal services, and social/educational activities.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available by appointment. Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	615-3170 www.sala.org
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	615-3170

Additional resources for seniors are available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at 1-(408) 615-2220.

CLASSES

Dance for Health

Mondays • 11:00-12:00 p.m.

Some exercises will include the use of chairs for props while sitting and/or standing. Strengthen your balance, flexibility, memorization, and coordination while enjoying upbeat music. All abilities are welcome. *Instructor – S. Van Dyne*

No Falls S.O.S.

Tuesday and Thursday • 11:00-11:30 a.m.

Stretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Focusing on falls prevention, this class aims to improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength.

Instructor - S. Van Dyne

Pilates Mat – Building the Foundation Tuesdays and Thursdays • 7:30–8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow in a manner that challenges and adapts to the needs of the participants. *Instructor – J. Russum*

Jazzercise with Jerome!

Mondays and Wednesdays • 7:30-8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants.

Instructor - J. Flowers

Zumba Gold® with Ginger

Mondays • 10:00-10:45 a.m. Wednesdays • 9:30-10:15 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, "fitness party." Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor* – *G. Willson*

Fitness for All

Wednesdays • 10:30-11:15 a.m.

Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register.

Instructor - S. Van Dyne

Tai Chi for Life!

Tuesdays & Thursdays • 8:45–9:45 a.m. • Intermediate Level Tuesdays & Thursdays • 9:45–10:45 a.m. • Beginner Level

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor - L. Scheer*

Introduction to Woodworking

February 24, 26, 28 • 9:00 a.m.-1:00 p.m. • #50763

If you like working with your hands and learning new things, this class is for you! This class will get you started in the right direction and is presented in two parts: lecture and demonstrations and construction of your project. Learn the joy of woodworking and make this a part of your life!

Instructor – T. Freitas

NEW! Strength & Conditioning, Beginning & Intermediate

Monday and Wednesday • 11:00 a.m.-12:00 p.m. Tuesday and Thursday • 11:00 a.m.-12:00 p.m.

Let's move! Learn how to properly and safely use the machines in the fitness center. This circuit-training class includes a cardio warm-up, stretching, instruction on the purpose and use of the fitness equipment, and a cool-down. Maximize your potential with efficient workouts.

Instructor – T. Anderson

Join us for exciting classes that are designed to energize & motivate you to increase your fitness & activity levels.

Seniors of all ages (50 & up) and abilities are encouraged to register!

Please refer to the Recreation Activities Guide for class fees and schedule.

HEALTH & WELLNESS, CARE MANAGEMENT

February is American Heart Month!

Heart disease is the leading cause of death for both men and women, but it is preventable and controllable. It is never too late to make changes, and your H&W nurses would love to help. Join us for a class this month focusing on heart health, stop by one of our educational tables to get your BP read, ask a nurse assess your personal cardiac risk, and look for heart healthy nutrition information and recipes. For questions or concerns, please contact either Wendy Talbert, RN at 615-3175, or Larisa Polozova, RN, MMS at 615-3797, or make an appointment at the Front Desk.

Expressive Arts Support Group #51852

Tuesdays • January 14-February 18 9:30-11:30a.m. • Room 149

Moving beyond words through art allows us to mourn our losses and begin to heal. This new support group will explore grief through the medium of art. No artistic experience or talent is required. Please be able to make a commitment to attend all six weeks. There is no cost to participate, but due to the limited class size, pre-registration is required.*

Book Club: Understanding Our Life Through Stories #51642

Thursdays • January 9-February 27 10-11:30 a.m. • Room 149

Based on the concept of narrative therapy, this new support group will be reading and discussing fiction that explores our perspectives and beliefs about aging, and will allow participants to discover a more well-rounded vision of their lives. Participation is free, but space is limited. Preregistration required.*

Transitions Support Group is back! Mondays • 1-2:30 p.m. • Room 205

Feeling lost or overwhelmed? This support group can help you navigate life's changes. This is a drop-in group, and participation is free. Join anytime.

*Facilitated by supervised, pre-licensed therapists through partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships.

Blood Pressure Clinic

Thursdays • 9:30-11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Free

10:30 a.m.-12 p.m. • Room 205 The second and last Thursday of each month

This peer-led support group focuses on new skills and perspectives as we share strategies for managing all our stuff. Please drop in on our next meeting or call Mallory von Kugelgen, Geriatric Care Manager, (408) 615-3180, for more information.

A Few Good Men (and Women too!) Fridays • 12:30–2 p.m. • Room 205

We would like to increase the fun and invite a few good women to join—the more the merrier! Come share some stories and laughs, current events, or just compare notes with a lively group who enjoy discussing what's on their minds. No registration is required and participation is free.

Wednesday Walk a Block

One of the easiest ways to keep your heart healthy is by walking! Join us for Walk a Block on Wednesday mornings at 10:00am-10:30am. Walkers meet in the front lobby area, and walk for approximately 30 minutes. Bring a friend, and come with your fellow walkers for some fresh air and exercise.

Winter/Spring Wellness Series Tuesdays • 1:00-2:00 p.m. • Room 149

Pre-registration is required. Each class costs \$6 with Santa Clara senior discount, or \$8 non-resident. Join us for some interesting discussion and up-to-date information. Please register early (classes will be cancelled due to low enrollment).

Heart Health #50745

Tuesday, February 11

Heart disease is the leading cause of death in the U.S. for both men and women, but heart disease is preventable and controllable. Assess your personal risk, learn about the latest research, and find out how you can protect your heart. Instructor: Wendy Talbert, RN, BSN

Stroke Prevention #50746 Tuesday, February 25

Stroke is the fourth leading cause of death, and is a leading cause of adult disability. But did you know that 80% of strokes are preventable? Find out if you are at risk for stroke, and what you can do to lower your possibility of a "brain attack". Instructor: Mallory von Kugelgen, RN, PHN

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30-10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission. Dance lessons change every month. Dances taught include Waltz, Fox Trot, Latin and more. Lessons are from 6:30—7:30 p.m. Dances are from 7:30-10:30 p.m.. Admission to the dance is \$6 when live bands play and \$5 when hosted by a DJ.

Santa Clara Women's League

2nd Tuesday of each month • 1 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome. http://santaclarawomensleague.org.

Drop-In Crafts

Thursdays • 1-3 p.m.

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please, do not bring in projects that produce strong fumes. Finishing products are not allowed in the Senior Center. All seniors, age 50+, are welcome. Engage your brain as well as your creativity.

Welcome Newcomers

Thursday, February 20 • 10:30-11:30 a.m. • Room 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

Dining Out

Served Monday-Friday • 11:30 a.m. • \$3.00 donation. Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Advance reservations are required and are limited. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is \$6.00.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top your game". Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:45 p.m.	Auditorium	Staff 615-3170	Welcome
		Games, G	iames, Games		
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
		Car	d Games		
Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta, Pinochle	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome
		Activ	ve Games		
Wii	Mon-Fri Sat	7:00 a.m4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY
Computer Lab, Billiard Room 7-4:38 Snack Bar 8-4	Billiard Room 7-4:30	Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4
Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	Billiard Room 7-4:30	Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4
CENTER CLOSED PRESIDENT'S DAY HOLIDAY	Billiard Room 7-4:30 Computer Lab CLOSED Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 TGA Tuesday Dance TENOR BAND 7:30-10:30 PM	Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4
Computer Lab, Billiard Room 7-4:31 Snack Bar 8-4	Billiard Room 7-4:30	Let's Talk Travel 12:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4

THURSDAY	FRIDAY	SATURDAY
11101102111	11112111	1
		Snack Bar, Computer Lab, Billiards 9-11:30
Billiard Room 7-4:30 Computer Lab CLOSED Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30	A Few Good Men (and Women too!) 12:30-2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	Snack Bar, Computer Lab, Billiards 9-11:30
Thursday Night Dance STEVE EDWARDS, D.J. 7:30-10:30pm		
Clutter Free 10:30–12 Billiard Room 7-4:30 Computer Lab CLOSED Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30	A Few Good Men (and Women too!) 12:30-2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	Snack Bar, Computer Lab, Billiards 9-11:30
Thursday Night Dance THE CASUALS 7:30-10:30pm		
Welcome Newcomers! 10:30 Lunch meet 12:30 Billiard Room 7-4:30 Computer Lab CLOSED Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30	A Few Good Men (and Women too!) 12:30-2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	Snack Bar, Computer Lab, Billiards 9-11:30
Thursday Night Dance LYRATONES 7:30-10:30pm		
Clutter Free 10:30-12 Billiard Room 7-4:30 Computer Lab CLOSED Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance NOB HILL SOUNDS 7:30-10:30 PM	A Few Good Men (and Women too!) 12:30-2 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey A La King Peas & Carrots Broccoli Romaine Salad Biscuit Banana	Beef Fajitas Fresh Pinto Beans Fiesta Garden Salad Spanish Rice Fresh Pear	Hawaiian Chicken Seasoned Brown Rice Marinated Green Beans Seasoned Brown Rice Fresh Orange	Split Pea Soup Unbreaded Baked Fish Asian Blend Vegetables Country Coleslaw Pineapple Tidbits	Roast Beef w/Gravy Whipped Potatoes w/Gravy Steamed Spinach Tropical Fruit Cup Whole Grain Bread
Breaded Baked Fish Califafornia Blend Vegetables Escalloped Tomatoes Herbed Brown Rice Fresh Fruit in Season	Navy Bean Soup BBQ Pulled Pork Sandwich Broccoli & Cauliflower Pineapple Tidbits Chilled Peaches	Rosemary Turkey w/Gravy Whole Grain Bread Steamed Spinach Roasted Diced Potatoes Tropical Fruit Cup	Meatloaf wGravy Mashed Potatoes w/Gravy French Cut Green Beans Rye Bread Mandarin Oranges	Seafood Pasta Whole Grain Bread Steamed Broccoli Seasoned Carrots Cherry Cobbler
Holiday No Meal	Crispy Oven Chicken Brown Rice Pilaf Capri Blend Vegetables Tossed Green Salad Fresh Orange	Roast Potroast w/Gravy Oven Baked Red Potatoes Normandy Blend Vegetable Whole Grain Bread Bresh Banana	Cajun Chicken Pasta Minestrone Soup Steamed Spinach Confetti Bean Salad Tropical Fruit Cup	Turkey Flatbread Pizza Mixed Vegetables Marin. Spring Garden Salad Pizza Bread Fruited Gelatin w/Mandarin
Lamb Stew California Blend Vegetables Whole Kernel Corn Whole Grain Totini Noodle Chilled Pears	Roast Turkey w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Whole Grain Bread Fresh Orange	Baked Beef Rigatoni Tuscan Bean Soup Steamed Spinach Broccoli Garden Salad Fresh Fruit in Season	Chicken Tortilla Bake Mixed Bean Medley Pineapple/Cabbage Slaw Brown Rice Fresh Banana	Stuffed Green Peppers Italian Blend Vegetables Romaine Tossed Salad Whole Grain Roll Chilled Peaches

ALTERNATIVE MEALS:

WK2 Greek Chicken Salad, Pasta Roasted Vegetarian Salad, Roast Beef Sandwich, Vegetarian Pita Sandwich WK1 Chef Salad, Vegetarian Cottage Cheese Salad, Chicken Salad Sandwich, Black Bean Burger

= Higher in sodium

WK3 Chicken Caesar Salad, Vegetarian Bean Salad, Turkey Sandwich, Vegetarian Patty Burger

WK4 Santa Fe Chicken Salad, Lentil Salad, Roast Pork Sandwich, Vegetarian Pita Sandwich

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays • 9 a.m.−1 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. (Donations accepted are used to replenish consumable lapidary supplies).

Woodshop

Tuesdays and Thursdays • 8 a.m.-12 p.m.

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. (Donations accepted are used to replenish consumable woodshop supplies).

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Wanda Buck, Dwight Collins, ArLyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecek, Sam Orme and Alice Pivacek.

Mtgs: 4th Mon. each month • 10 a.m. • Rm 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov.

You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Senior Peer Advocate (SPA) — Help at the Senior Center

Mondays • 10 a.m.−12 p.m.

When we were young, our parents supported and nurtured us, and helped us solve problems and meet challenges. Now we're grown, and it's our turn to support and nurture our parents, and help them meet the challenges of growing older with dignity and grace. The Senior Center can help meet those challenges through our Senior Peer Advocate (SPA) program. SPA volunteers are trained to provide information and assistance to connect you to all sorts of community resources. SPA appointments are free and available through the Senior Center front desk.

Whether you're looking for ways to get more help at home or need information about grab bars, we'll do our best to help you find solutions.

Lunch Meet

Thursday, February 20• 12:30–1:30 p.m. • Room 232 Topic: Outreach and Escort

Transportation is one of our main concerns as we age and may no longer have the capability to drive safely. In order to stay connected with our friends and family and to maintain a good quality of life we need options to help us get where we need to go.

Representatives from Outreach and Escort will highlight transportation services available to you throughout the Santa Clara valley. We will learn about the qualifications for Outreach door-to-door transportation, how to reserve your ride, what it costs, where Outreach will take you, service hours and availability, and how to sign up for this service. At the end of the presentation there will be time to have your questions answered.

Everyone is welcome to attend. Bring a family member or friend. Bring your lunch if you like. There is no pre-registration required and there is no cost to attend.

Did You Know?

The Santa Clara train depot is the oldest operating railroad depot in California. Constructed in 1863, the depot was originally built on the east side of the railroad tracks and was moved to its present location in 1877. The first regular passenger service from Santa Clara to San Francisco began January 17, 1864.

The South Bay Historical Railroad Society (SBHRS), a non-profit group incorporated in 1985, now occupies the depot. The SBHRS began renovation work on the depot in 1986 and volunteers spent over 25,000 hours making repairs and renovating the depot and several other buildings. The depot is now home to a museum containing a large and varied collection of historic railroad artifacts. In addition, the group operates two HO and N scale model railroad layout displays.

The Edward Peterman Museum of Railroad History, located in the depot, is open to the public Tuesday evenings 6:00 pm to 9:00 pm and on Saturdays from 10:00 AM to 3:00 PM. Admission is free. For more information:

South Bay Historical Railroad Society, Inc.

1005 Railroad Avenue

Santa Clara 95050

1 408 243-3969

http://www.sbhrs.org/

National Park Service

http://www.nps.gov/nr/travel/santaclara/scd.htm

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone. **Starting January 27th we will have a new Strength & Conditioning class in the fitness room. Please see page 3 for more information on this new class.**

Fitness Center – Drop-In Fitness Center Hours Beginning January 27, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop in Fitness:					9:00-11:30am
7:00-10:45am	7:00-10:45am	7:00-10:45am	7:00-10:45am	7:00-10:45am	
12:15-4:30pm	12:15-4:30pm	12:15-4:30pm	12:15-4:30pm	12:15-4:30pm	
Classes:					
10:45am-12:15pm	10:45am-12:15pm	10:45am-12:15pm	10:45am-12:15pm	10:45am-12:15pm	

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges: 81-84° F.

Warm Water Pool: Water temperature ranges: 90-94° F.

Spa: Water temperature ranges: 97-101° F.

Natatorium Schedule- Swim/Walk Schedule For Lap Pool, Lane #1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am 11:00am-1:30pm	7:00am-1:30pm	7:00-10:00am 11:00am-1:30pm	9:00–11:30am
Walk	Swim	Walk	Swim	Walk	Swim
*		*		*	
3:00-4:30pm Swim	3:00-4:30pm Walk	3:00-4:30pm Swim	3:00-4:30pm Walk	3:00-4:30pm Swim	
	*		*		

Natatorium Schedule- Open Lap Pool Schedule (Closed for cleaning Monday–Friday 1:30-3:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00-11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule (Closed for cleaning Monday–Friday 1:30-3:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

Women's Locker Room - Closed for Cleaning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	

COMMUNITY

Showtime is Coming! Showtime is Coming! "Oz the Last Chapter" or "Wishes, Witches, and Wizards"

Friday, March 7 at 7:00 pm Saturday, March 8 at 7:00 pm Sunday, March 9 at 2:00 pm Santa Clara Community Recreation Center 969 Kiely Blvd, Santa Clara, CA 95051 Tickets are \$5 on Friday and \$7 on Saturday and Sunday

Support the Health and Wellness program at the Santa Clara Senior Center by attending Showtime 2014. Showtime features local talent performing an old fashioned melodrama, olio acts (magician, singers, dancers, and more), delicious food and drink, fantastic entertainment prizes and Opportunity Baskets to win! Showtime is organized and run by volunteer members of the Santa Clara Women's League, whose goal is to raise funds for your own Heath and Wellness program.

Advanced tickets and Entertainment Package tickets may be purchased at the CRC starting January 2 during normal business hours, or at the Senior Center on Tuesdays, February 11, 18 and 25 from 9 am to 12 pm, on Fridays, February 14, 21 and 28 from 10 am to 1 pm and on Tuesday, March 4 from 9 am to 12 pm. Ticket order forms are available online at: www.santaclarawomensleague.org. We hope to see you in March as you enjoy a terrific show that appeals to everyone of all ages! For more information visit www.santaclarawomensleague.org or call Emily Adorable at 408-390-9544.

Tax Assistance

AARP Tax Aide volunteers will be here on Tuesdays and Thursdays starting Tuesday, February 4, through Tuesday, April 24, 8:30-4:00, to help you with your Year 2013 Federal and State Income Tax Returns. Please note: the volunteers are not trained to prepare tax forms that report business, rental, or partnership income. Please bring the following with you when you come for your appointment:

- Valid photo identification and taxpayer identification number(s) (Social Security Number).
- Birth dates of all individuals to appear on the return.
- Bank routing numbers and an account number for direct deposit.
- Copies of your Tax Returns and supporting documents you filed for Year 2012.
- Your W-2 Forms from each employer for Year 2013.
- Your 1099 G Forms for unemployment.
- Your SA-1099 Forms for Social Security received in Year 2013.
- All 1099 Forms (1099 INT, 1099 DIV, 1099-R, 1099 MISC) for

- interest, Dividends, Pensions, Annuity, IRA Distributions, and Miscellaneous Income received in Year 2013.
- Your Cost Basis and Acquisition Date for the sale, or exchange, of Stocks, Bonds, etc., in Year 2013. Form 1099-B.
- Your record of withholding and Estimated Tax payments for Year 2013. (Forms 1040-ES and 540 ESS).
- Name and address of landlord to receive State Renter's credit.
- If you plan to Itemize Deductions, please bring a consolidated list of your Year 2013 Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.

Call the Senior Center office at 408-615-3170 to make an appointment. Appointments are required.

ADVENTURES TO GO

Adventures to Go... Travel for Ages 50 Plus

The Senior Center travel program, Adventures to Go, offers a variety of trips for travelers 50 years and up. Day and overnight trips are offered to various locations. A monthly Adventures to Go newsletter with details on upcoming trips is available at the Senior Center or online at www.santaclara.ca.gov/seniorcenter. Visit the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to have a new registration form and signed liability release on file each year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Adventures to Go Participation Guidelines: For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

Trip Pick-Up/Drop-Off Area: Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Motor coach will leave promptly at time specified.

Day Trips

Love Letters	February 9
Georgia O'Keeffe & Pier 39	February 20
Cache Creek Casino	February 25
Cirque du Soleil AMALUNA	March 2
A Tangled Web We Weave	March 8
Canepa Motors & Crow's Nest	March 13
Black Oak Casino	March 18
Stanford & Cantor Arts Center	April 3
Niles Canyon Railway & Sunol	April 6
SF Giants vs. LA Dodgers	April 17
Cliff House & Conserv. of Flowers	April 25
Graton Casino	April 29
NEW! Dragon Slayers	May 8
NEW! Petaluma River Cruise & Historical Musel	um May 16
NEW! Graton Casino	May 29
Overnight Trips	
Spring Training & Sedona	.March 21-25
NEW! Gold Country Getaway	May 20-21
Pageant of the Masters	July 22-24

New Trips

May 8 – Dragon Slayers

May 16 – Petaluma River Cruise and Historical Museum

May 20-21 – Gold Country Getaway

May 29 – Graton Casino

^{*}Please note that trips and dates are subject to change. Please refer to the latest Adventures to Go newsletter for complete descriptions and fees.